



THOMASTOWN

AGE FRIENDLY TOWN

DIRECTORY OF
SERVICES FOR
OLDER PEOPLE

Foreword

Kilkenny has been involved in the process of becoming an age friendly County since 2010. Many initiatives have been introduced following consultation with older adults in the County. The Age Friendly Town initiative is one of these initiatives. An Age Friendly Town is a town where the community understands and responds to the needs of older adults.

Thomastown is being progressed as an Age Friendly Town by the Thomastown Age Friendly Committee and one of the needs identified is the need for a directory of local services available in Thomastown to older adults.

This directory identifies a wide range of services available. It provides useful contact details, advice on entitlements and it will support active and positive ageing by enabling older adults to access information and participate in the civic and social activities that Thomastown offers.

We hope you enjoy this and find it useful.

Michael Delahunty

Kilkenny Age Friendly Programme Co-Ordinator

Brede Murphy & Anne McLoughlin

Members of Kilkenny Seniors Forum

Thomastown Age Friendly Committee



LOCAL NUMBERS

Parish Office	056 7793191
Thomastown Garda	056 7754150
Area Office Kilkenny County Council	056 7794331
Local Health Clinic Thomastown	056-7724509
Social Welfare Office Thomastown	056 7754080
Post Office Thomastown	056 7724441
Community Welfare Officer Thomastown	087 9105932
Dr. Schlunke GP	056 7724186
St. Columbas Hospital, Thomastown	056 7754822

Active Retirement Information	01 873 3836
Alcoholics Anonymous	01 842 0700
Alzheimers Helpline	1800 341 341
AMEN (Violence Against Men)	046 9023718
AWARE	1890 303 302
Cancer National Helpline	1890 200 700
Connect Adult Abuse Councelling Service	1800 477 477
ESB Networks 24 hour Emergency Number	1850 372 999
Garda Confidential Line	1800 666 111
Garda / Emergency Services	999 / 112
Gas Emergency Number	1850 205 050
Parish Office	056 77 93191
Pieta House Suicide Helpline	1800 247 247
Public Water or Sewerage	1850 278 278
Samaritans	116 123
Senior Helpline	1800 80 45 91
Women's Aid National Helpline	1850 341 900

IMPORTANT PHONE NUMBERS

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CITIZENS INFORMATION CENTRE

There are a number of Citizens Information Centres located throughout Kilkenny. They provide a information, advice and advocacy on a broad range of public and social services.

CONTACT:

No. 4 The Parade Kilkenny City

Hours: Mon-Fri 10:00am-1:00pm (Except Mon) 14:00-17:00

Phone: (0761) 07 7910

Main Street, Graiguenamanagh

Hours: Tues, Thurs, Friday 10:30 – 12:30

Phone: (059) 9724955

West Street, Callan, Co Kilkenny

Hours: Friday 10:00am – 12:00noon

Phone: (056) 7755660

The Credit Union, Main Street, Mooncoin

Hours: Thurs 11:00 – 1:00 pm

Phone: (051) 896900

KILKENNY LAW CENTRE

A free legal advice services operates from Kilkenny Law Centre.

CONTACT:

*Kilkenny Law Centre, Unit A, 1st Floor, Smithlands Centre,
Loughboy, Kilkenny*

Phone: (056) 7761611

Fax: (056) 7761562

Email: lawcentrekilkenny@legallaidboard.ie

MONEY ADVICE & BUDGETING SERVICE (MABS)

This service is the State’s money advice service, which guides people through dealing with debt and helping them manage their money.

CONTACT:

Kilkenny MABS, 8 William Street, Kilkenny

Hours: Monday – Friday 9am – 5pm

Phone: 0761 07 2610

Fax: 056-7771856

Email: Kilkenny@mabs.ie

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EIRCODE

Eircode is Ireland’s smart Postcode System.

To get information on an Eircode contact Customer Care.

Phone: 0818 300 005

Email: hello@eircode.ie

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KILKENNY ALERTS

Kilkenny County Council is an official alerter on Map Alerter. This means that if you live & work in Kilkenny then you can receive alerts directly from the Council as soon as they are issued. It is free to register for an account. Kilkenny County Council currently provides alerts in relation to;

- **Severe Weather Alerts** – Storm, Rain, Snow & Ice warnings
- **Water Alerts** – Water Disruptions, Burst Mains, Boil Water Notifications
- **Scheduled Road Works & Road Closures** – notifications on diversions to take

- **Flood Alerts** – on flooded areas, potential risk areas
- **Planning Alerts** – Local Planning Application Alerts & Local Area Plan Updates
- **Community Alerts** – for local events that are taking place

To register for Kilkenny Alerts Call 056-7794000 or online at www.kilkennycoco.ie

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volunteering information service

seirbhís eolas obair dheonach

KILKENNY



Kilkenny

DO YOU WANT TO VOLUNTEER?

www.volunteerkilkenny.ie



Riailtas na hÉireann
Government of Ireland

Funded by the Department of Rural and Community Development



APPLYING FOR A PENSION

Application forms are available from your local Social Welfare Office, Post Office or Citizens Information Centre. Completed forms should be sent to the Department of Social Protection Pension services Office, College Road, Sligo.

Social Welfare Office, Low Street, Thomastown

Phone: (056) 7754080

Monday – Friday

9:30 – 12:30

** except Tuesday opens 9:00am*

2:00 – 4:30 pm

** except Fridays close at 4pm*

Post Office

Located inside Supervalu, Dublin Road, Cloghabrody

Phone: (056) 7724441

Monday – Friday 9:00am – 17:30pm (*open throughout lunch*)

Saturday 9:00am – 13:00pm

COLLECTING YOUR PENSION

You can have your pension paid into your bank account or you can collect it from the Post Office. If you have any difficulties collecting your payment (i.e. through illness etc.) you can nominate someone to collect your pension on your behalf. Fill in an 'Agent Form' which is available at your local Post Office. Return that form to the Department of Social Protection, Pension Services Office, College Rd, Sligo.

AGE 80 ALLOWANCE

Pensioners receiving an Irish social welfare pension automatically receive a €10 increase in the personal rate of their pension when they reach the age of 80. The increase is only paid to the main claimant of the pension and not to the Qualified Adult.

SUPPLEMENTARY WELFARE PAYMENT

This payment is made available to persons who are not able to meet certain bills, including emergency situations. For example

- **Heating Supplement** – to help with the cost of extra heating needs due to your age, medical condition or disability
- **Exceptional Needs Payment** – to meet once off essential costs for example special clothing for a person who has a serious illness
- **Urgent Needs Payment** – to pay for food or clothing in emergency situations such as following a fire or flood.

Please contact your local Community Welfare Officer Mr. Shay Murphy on 056-7715100 or 087-9105932

LIVING ALONE ALLOWANCE

Living alone allowance €9 made weekly to persons who are 66 years or live mainly alone, and who are in receipt of certain social welfare payments including state pensions.

Forms available from your local social welfare office or citizens information advice centre.

SAFE REGISTRATION

SAFE registration, and the subsequent issue of a Public Services Card, have been introduced to protect people’s identity and to help save time and effort in accessing a range of public services. You must authenticate your identity with the Department by undergoing SAFE registration when requested to do so.

RURAL SOCIAL SCHEME

KILKENNY LEADER PARTNERSHIP



WHAT IS IT?

The Rural Social Scheme aims to provide income and support to farmers and fisherpersons who are in receipt of Social Welfare payments, while providing services to the community.

WHY JOIN?

Gain work experience
Develop new skills
Supplement your income &
Contribute to your community!



WHO CAN JOIN THE RSS?

Farmers
Spouse
Children
Siblings



WHAT ARE OTHERS ON THE RSS SAYING?

With the kids grown up and gone the RSS was just the change off the farm that I needed! I have a new lease of life.
- (Sharon -RSS Kilkenny)



I am a farmer and I feel very proud to contribute my skills to help the community on the RSS. The income supplement is a plus!
- (John-RSS Kilkenny)



I help out on my brother's farm. The RSS has given me the confidence to explore the workforce again. I didn't realize I had so many skills and talents
- (Mary- RSS Kilkenny)



I grew up on the farm. I can still help my Dad on the farm while getting lots of work experience off the farm on the RSS.



WHAT KIND OF WORK IS INVOLVED?

- 
- Maintaining & enhancing agreed walks
 - Energy conservation work for the elderly and less well off
 - Village and countryside enhancement
 - Community care for preschool and afterschool
 - Environmental maintenance and caretaking of community sporting facilities
 - Secretarial/administration duties for communities
 - Social care and care for the elderly
 - Projects relating to non-profit cultural & heritage centres

"Since the RSS was launched in 2004, it has delivered a range of positive benefits for both participants and their local communities. The RSS has established itself at the centre of rural life in communities throughout the country. Significantly, it also supports participants to remain involved in farming or fishing in their local areas. It shows the Government's ongoing commitment to supporting and sustaining rural Ireland"

Minister for Employment
Affairs and Social Protection
Regina Doherty T.D

WHAT ARE THE REQUIREMENTS?

TO BE ELIGIBLE FOR THE RURAL SOCIAL SCHEME YOU **MUST** HAVE ONE OF THE FOLLOWING:

- Farm Assist
- Job Seekers Allowance
- Disability Allowance
- Widow (er) pension



Ring today to find out more
the Rural Social Scheme!

HOW TO APPLY FOR THE RURAL SOCIAL SCHEME?

Contact: RSS Supervisor - Christine Walshe
Email: christine.walshe@cklp.ie
Tel: 056 7752111

FREE SCHEMES: FREE TRAVEL & HOUSEHOLD BENEFITS FOR OVER 70'S

Automatically to any person who at age 66 has completed the SAFE registration process and is in receipt of a Pension form the Department of Employment Affairs & Social Protection.

For information on Free Travel, Household Benefits Package, Electricity Allowance, Cash Electricity Allowance, Natural Gas Allowance, Cash Gas Allowance, Bottle Gas Refill Allowance, and Free TV Licence

Locall: 1890 500 000 or 071-9157100

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CARERS SUPPORT GRANT

This is an annual payment (€1,700) made to carers by the Department of Employment Affairs and Social Protection. The grant is paid in June of each year to carers who are in receipt of one of the following payments : Carer's Allowance, Carer's Benefit or Domiciliary Care Allowance.

Phone: (01) 6732222 or

Mail: Carers Support Grant Section, PO Box 10085, Dublin 2

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Age Friendly Bench, installed by Thomastown Area Office at Station Road, Thomastown

Tús

Community Work Placement Initiative



The Tús initiative is a community work placement scheme providing short-term working opportunities for unemployed people.

The work opportunities are to benefit the community and are to be provided by community and voluntary organisations in both urban and rural areas. The Tús initiative is implemented by Kilkenny Leader Partnership for the Department of Social Protection, which has overall responsibility for the scheme.

For more information contact a Tús supervisor:
Kilkenny LEADER Partnership
Tús Community Work Placement Initiative
10 Patricks Court
Patricks Street
Kilkenny
Tel: 056--7752111



HEALTH SERVICE EXECUTIVE (HSE)

The HSE provides health and social services to persons living in Ireland. The services provided include Occupational Therapy, Primary Care Teams, Public Health Nurse, Physiotherapy, Home Support.

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PUBLIC HEALTH NURSE

- The Public Health Nursing (PHN) service operated Monday to Friday and provides a range of supports e.g. Home clinical nursing care, post hospital care, dressings.
- The service acts as a guide to additional care and support by referral to Home support and Respite care, Day care and assessment for Nursing Home Care.
- The service makes referrals to other members of the multidisciplinary team such as GP, Physio, Occupational Therapy, Speech and Language Therapy and Dietician if required
- The Psychiatric clinic led by Department of Psychiatry St Lukes have a weekly clinic at Thomastown Health Centre
- The PHN local service work closely with St. Lukes Hospital supporting local people upon discharge from hospital
- Chiropody Services are provided free of charge to people over sixty five years.

For more information contact Public Health Nurse at County Clinic James Green on (056) 7724302

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ST. COLUMBAS HOSPITAL, THOMASTOWN

St.Columba's hospital is situated on the edge of Thomastown. They are committed to providing holistic person-centred care in partnership with their residents and their multidisciplinary team. Care is provided in a safe homely environment respecting the privacy, dignity, values and beliefs of all their residents. They endeavour to make resident's choice fundamental to everything they do. St.Columba's hospital provides care for older people who require general care including residents living with dementia, physical disabilities, chronic physical illness and rehabilitation.

St.Columba's Hospital consists of:

- Nursing Home Long stay beds
- Alzheimer's long stay unit
- Respite beds
- Rehabilitation beds Consultant Geriatrician St. Lukes Hospital & MDT team St. Columba's
- Day care services with Transport attached (10 mile radius)
- Memory Clinic which is lead by Consultant Geriatrician St. Lukes Hospital & MDT team St. Columba's
- Leg Ulcer Clinic lead jointly Community and St. Columba's

Director of Nursing:

Georgina Bassett (056) 7754822

Assistant Director of Nursing:

(056) 7754831

GP SERVICES THOMASTOWN

Dr. Achim Schlunke, Low Street, Thomastown

Phone: (056) 7724186

Opening hours: 09:00-18:00 *Monday – Friday (closed lunch)*

GP OUT OF HOURS SERVICE

CAREDOC

Phone: 1850 334 999

PHARMACY SERVICES THOMASTOWN

Mulligans Pharmacy, Dublin Road, Thomastown

Phone: (056) 7793000

Opening hours: 09:00-18:00 *Monday - Saturday*

Kissanes Pharmacy, Market Street, Thomastown

Phone: (056) 7724000 or (056) 7754697

Opening hours: 09:00-18:15 *Monday - Friday*
09:00-18:00 *Saturday*

J & M Healy's Pharmacy, 1 Market Street, Thomastown

Phone: (056) 7724216

Opening hours: 09:00-18:15 *Monday - Friday*
09:00-18:00 *Saturday*

* Open through lunch, Deliveries available



MEDICAL CARD SCHEME

This scheme entitles people to a range of public health services free of charge. It is means tested.

Medical Card application forms can be obtained from your local health centre.

You can download the form from www.medicalcard.ie

NURSING HOMES SUPPORT SCHEME “FAIR DEAL”

This scheme provides financial support to people who need long term nursing home care. The applicant will make a contribution towards the cost of care and the State will pay the balance. Prior written approval from the HSE is required. The Local Nursing Home Support office can supply you with a list of nursing homes & application forms.

Contact: (056) 7784600

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TREATMENT BENEFIT SCHEME

Social Protection provides limited dental, optical and aural services under this scheme. The scheme is available to insured workers and retired people who have PRSI contributions.

Contact Lo-call: 1890 400 400

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LONG TERM ILLNESS SCHEME

If you have long-term illnesses or disabilities, you may apply for this scheme. If approved, you will receive a long term illness book. This book allows you to get drugs, medical & surgical appliances related to your illness free of charge. Application forms are available at your local health centre.

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HIQA – HEALTH INFORMATION & QUALITY AUTHORITY

If you have concerns about a health or social care service you or your family are receiving,
contact HIQA at concerns@hiqa.ie or post to:
Health Information & Quality Authority, George’s Court,
George’s Lane, Smithfield, Dublin 7, Ireland.

KILKENNY COUNTY COUNCIL HOUSING AID FOR OLDER PEOPLE GRANT SCHEME

The Scheme of Housing Aid for Older People is available from Kilkenny County Council to assist older people living in poor housing conditions to have necessary repairs or improvements carried out. The types of works grant aided under the scheme include structural repairs or improvements, re-wiring, repairs to/replacement of windows and doors, the provision of heating, water and sanitary services.

The level of grant aid available is determined on the basis of gross household income and shall be between 30%-95% of the approved cost of the works to a maximum of €8,000. The grant is available to households whose gross annual household income does not exceed €60,000.

Further details are available from:

Housing Section,

Johns Green House, Johns Green, Kilkenny R95 CX92

Phone: (056) 7794922 and (056) 779497

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HOUSING ADAPTATION GRANT FOR A PERSON WITH A DISABILITY

This grant is available to assist in the carrying out of works which are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability who has an enduring physical, sensory, mental health or intellectual impairment.

The types of works allowable under the scheme include the provision of access ramps, downstairs toilet facilities, stair-lifts, accessible showers, adaptations to facilitate

wheelchair access, extensions, and any other works which are reasonably necessary for the purposes of rendering a house more suitable for the accommodation of a person with a disability. The level of grant aid available is determined on the basis of gross household income and shall be between 30%-95% of the approved cost of the works to a maximum of €30,000. The grant is available to households whose gross annual household income does not exceed €60,000.

Further Information and Application Forms are available from the Housing Authority.

Further details are available from:

*Housing Section,
Johns Green House, Johns Green, Kilkenny R95 CX92
Phone: (056) 7794922 and (056) 779497*

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MOBILITY AIDS GRANT SCHEME

The Mobility Aids Housing Grant is available to cover a basic suite of works to address mobility problems, primarily, but not exclusively, associated with ageing. The works grant aided under the scheme include the following: - Grab-rails, Access ramps, Level access showers, Stair-lifts and other minor works deemed necessary to facilitate the mobility needs of a member of a household. The effective maximum grant is €6,000 or 100% the cost of the works, whichever is the lesser and the grant is available to households whose gross annual household income does not exceed €30,000.

Further Information and Application Forms are available from

*Housing Section,
Johns Green House, Johns Green, Kilkenny R95 CX92
Phone: (056) 7794922 and (056) 779497*

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COUNTY KILKENNY LEADER PARTNERSHIP HOUSING AID

The Housing Aid Project is a service provided by County Kilkenny LEADER Partnership that focuses on Home repairs, maintenance and adaptation improvement to the homes of eligible clients. The client group is primarily those who find home maintenance a challenge, older people & individuals with disabilities throughout Kilkenny. The service seeks to ensure that the client's home is in a safe condition and of a reasonable living standard both for the person concerned and for the health and community services staff accessing the property to provide care and supports.

Services are offered an affordable service to a particular client group.

The following works are carried out

General Repairs and maintenance • Installation of showers or improvement of bathroom accessibility • Fitting of occupational aids • Improvement of general access • Gardening and grounds works.

All Tradesman are fully trained, insured and Garda Vetted
To Discuss your requirements or obtain a free quotation

CONTACT:

(056) 7752111 or (086) 4176621

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Home Repair & Maintenance Service

HAVING PROBLEMS WITH SMALLER JOBS LET US HELP



Painting Services

All types of Painting (interior & exterior)



Maintenance

All types of jobs, Plastering, Tiling - No jobs too small



Gardening Services

Grass Cutting, Hedge Cutting, Fencing & General Tidying



Carpentry Services

General Carpentry, Flooring, Doors and more



Occupational Aids

Fitting of Handrails and Ramps



Bathroom Services

Wetrooms, and Bathroom accessibility

To Discuss your requirements or obtain
a free quotation contact us today

This service is specifically designed for those who find home
maintenance a challenge; older people, people with disabilities and
families (households) with a low income.



056 7752111

086 4176621



This project is supported by the Department of Rural and Community Development
and Pobal through the Community Services Programme



Tradesmen are fully trained, insured and Garda vetted

The following Energy Saving/Warmer Homes Grants are available from Sustainable Energy Authority of Ireland (SEAI):

1. BETTER ENERGY HOMES GRANT

The spirit and objective of the scheme is to assist homeowners in improving the energy efficiency of their homes.

Who is Eligible: Homeowners of homes built before 2006. *(Homes constructed after 2006 are not eligible-these should meet the required Building Standards at the time)*

The Funder: The Grants are payable by Sustainable Energy Ireland (SEAI)

What Grants are payable: Cash Grants for

- Insulation in Attic **€300**
- Wall Cavity **€300**
- Internal Dry-lining **€1200-€1800-€2,400** depends on whether apartment or middle house or end or semi detached or detached
- External Insulation **€2,750 or €4,500-€6,000** depend on whether apartment or middle house or end or semi detached or detached
- Heating Controls upgrade **€700**
- Solar Thermal **€1,200**
- Bonus for a **3rd measure is €1,200** and bonus for **4th measure is €100**
- Obligatory BER certificate **€50**

Where expenditure is lower than the amounts above the lower amount is payable. Any expenditure in excess of the Grant amounts must be borne by the homeowner.

Who does the work: All Works must be undertaken by an SEAI registered Contractor.

Who employs the Contractor: The homeowner engages the Contractor. SEAI has developed a Buyers Guide to provide buyers with the best information and service from their chosen contractor.

SEAI has a list of Registered Contractors.

Who employs the BER Assessor: The Homeowner employs the BER assessor.

Standards to be met: There are technical standards to meet. Registered SEAI Contractors will be aware of these standards.

How to apply: On line or by application form. Applications forms available from 01 8082100 or download from

www.seai.ie/grants/home-grants/better-energy-homes

Homeowners will require their MPRN number (Electricity Meter Point Reference number which is at the top of electricity bills)

Completed applications to be returned on line or by post to Better Energy Homes Programme, The Sustainable Energy Authority of Ireland, PO Box 119, Cahirciveen, Co Kerry.

The Approval process: Where applications are approved approval will issue in the case of on line applications, immediately and in the case of postal application, within 20 working days.

The Approval process is in the form of a Grant Offer and it requires to be formally accepted by returning the Acceptance of Offer form within 30 days. Once accepted it remain valid for 6 months.

Getting the Works done:

The key steps include:

- A Declaration of works
- A Formal Contract
- Organise the works
- Pay the Contractor
- Have the BER Assessor undertake the BER assessment and complete the BER DOW Certificate

Claiming the Grant:

- Complete the request
- Declarations to be signed
- BER to be submitted
- Retain all invoice and receipts
- An inspection of the works

Paying the Grant: Grants are payable to homeowners bank account.

Full details are available on the SEAI website.

www.seai.ie/grants/home-grants/better-energy-homes

2. WARMER HOMES SCHEME

This scheme funds energy improvements to the homes of vulnerable people in, or at risk of, energy poverty. The aim is to make their homes warmer, healthier and cheaper to run. It is available to homeowners who own and live in their homes.

- The Home must be built before 2006
- The homeowner must in receipt of certain Social Welfare payments as follows:
 - > Fuel Allowance as part of the National Fuel Scheme
 - > Job Seekers Allowance for over six months and have a child under seven years of age
 - > Family Income Supplement
 - > One-Parent Family Payment
 - > Domiciliary Care Allowance (with effect from January 1 2018)
- The homeowner must not have received works previously under the Warmer Homes Scheme

Over 125,000 homeowners have had energy efficiency measures carried out to their homes since 2001.

What does energy poverty mean?

According to the government's Energy Poverty Strategy, a household may be energy poor if it is unable to afford an acceptable standard of warmth and energy services. In Ireland if a household spends more than 10% of their disposable income on energy costs it is considered energy poor.

There are a number of home energy improvements offered as part of this scheme:

Attic insulation, Cavity wall insulation, Draught proofing, Lagging jackets, Low energy light bulbs and Energy advice.

The following measures are not available under the scheme: external wall insulation, internal drylining, central heating, window/door replacements and renewable technologies.

Warmer Homes Scheme measures are carried out at no cost to the homeowner

How the grant works

Subject to eligibility for the scheme the next steps are:

1. The homeowner will be contacted by a surveyor acting on behalf of SEAI who will arrange a time to visit the home.
2. During the visit the surveyor will assess the home and ascertain the measures which may be required.
3. If eligible works are identified, then an SEAI appointed installer will be assigned to the home. The installer will contact the homeowner to arrange a time to install the measures.
4. Works are completed - the time taken to complete the works may vary from a number of days to a number of weeks. Installers offer a two year guarantee on all works carried out.
5. A sample of recipient homes will be inspected to ensure that the completed works meet the required specification and standards.
6. All homes receive a post works Building Energy Rating (BER).

Please note waiting times are impacted by the demand for the scheme. At present average waiting times are in the region of six to nine months. The scheme is eligible for co-funding from the European Union.

How to apply

To apply for the Better Energy Warmer Homes Scheme, you will need to submit:

1. The application form, completed and signed by the homeowner. It should also be signed and stamped by an official of the Department of Employment Affairs and Social Protection.
2. Proof of ownership of your home. Provide a copy of one of the following with your name and address clearly shown:
 - > Homeowners home insurance policy (not a quote)
 - > Homeowners mortgage statement
 - > The title deeds to homeowners property
 - > Homeowners Local Property Tax notification letter, supported by a utility bill.
3. If person is on on Job Seekers Allowance for over six months and have a child under seven years of age, a copy of your child's birth certificate must be submitted.

How to submit your application

Please submit your application form and supporting details by post or email to: warmehomes@seai.ie

Post: *Better Energy Warmer Homes Scheme
Sustainable Energy Authority of Ireland, PO BOX 119,
Cahirciveen, Co. Kerry*

For any additional queries or if you require assistance:

Freephone 1800 250 204

Or log on to warmehomes@seai.ie

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LOCAL GARDA STATION

CONTACT:

Thomastown Garda Station
Fair Green, Thomastown, Co Kilkenny
Phone: (056) 7754150
Web: www.garda.ie

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GARDA TEXT ALERT

Gardai will provide a Text to each registered Community Contact and they in turn will forward the information by text or email to all members of their community group. Text Alert creates a greater sense of security, reducing burglary & theft offences.

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PERSONAL SAFETY

Older persons are subjected to burglary and thefts as frequently as the rest of the population. A lifetime of experience coupled with the ageing process can make older persons feel vulnerable and more fearful of becoming a victim of crime.

Good neighbours are a vital component in crime prevention and reducing the fear of crime. This is particularly important for the older person. They will keep an eye on their neighbours' property and call regularly to make sure everything is safe and secure.

You too can be a good neighbour, its all about awareness of what is happening around you and keeping a friendly lookout for the person near you. Consider joining a Community Alert or Neighbourhood Watch scheme if there is one in your area. These schemes may be able to assist in getting funding for various security systems available for qualifying older persons. Your local Garda station or Garda Crime Prevention Officer can provide more information on the setting up of such schemes.

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HOME SECURITY

- Fit a door viewer and a door chain/limiter. These will allow you to safely check callers and retain control over security.
- Front and rear doors and windows should be kept locked day and night.
- Keep a list of emergency numbers that you can refer to quickly, if required, e.g. family, neighbours, Gardaí, medical or fire service.
- If you have a mobile phone, ensure that you have emergency contact numbers recorded under the ICE (In Case of Emergency) system.
- Keep a Personal Information Pack on your fridge (Age Action Ireland, tel: 01-4756989, for further information).
- Number your house clearly so that emergency services can find you quickly if necessary.

DISTRACTION BURGLARY

A distraction burglary is where a bogus caller to your home gains entry on a pretext/lie or creates a diversion so that an accomplice can sneak in separately.

Unfortunately, older persons are frequently targeted with this crime.

Bogus callers will say anything to get into your home -

“There’s been an accident, can I call an ambulance?”

“I’ve broken down, can I use your phone?”

“I’ve had a fall, could I have a glass of water?”

“I’m from the council, there’s a burst main, I need to turn off your supply”

Some will keep you talking at the front door while their accomplice sneaks in the back door. In all cases you need to be wary of strangers calling to your home.

Take precautions -

- Do not open the door to anyone before you've checked who it is and what they want. Use your door viewer and chain/limiter.
- Check identification, where appropriate.
- Do not leave strangers unattended at your doorstep.
- Ensure your back door is locked when you answer a call at the front door.

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CASH/FINANCIAL SECURITY

Thieves and burglars love nothing better than cash. It is therefore important to observe the following:

- Do not keep large amounts of cash in your home. Use banks, building societies, credit unions, post offices etc.
- Keep all credit/debit cards in a secure location as well as financial statements, records etc.
- Out-of-date cards should be destroyed.
- Do not give your credit/debit card passwords to anybody.
- When out and about, avoid carrying large sums of money.

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PROPERTY

Mark your property and record serial numbers where appropriate. UV markers and/or special etching tools can be used. Use a unique reference number such as your initials and date of birth. Seek advice about marking high value property e.g. antiques, paintings etc.

It is also a good idea to photograph your property. Photograph items such as jewellery against a ruler or some other common household item (for size reference). If taking digital photos, keep copies of your property photographs elsewhere other than on your own computers.

SCAMS

Be alert to con artists. Don't fall for anything that sounds too good to be true.

- In general, do not give out personal information over the phone unless you know whom you are talking to. This also applies to internet communication.
- Do not give out your credit/debit card, bank account, social welfare numbers etc. to anyone over the phone.
- Do not leave old and no longer relevant financial statements lying around. Shred as appropriate.
- Be wary of bogus trades people calling to your door and advising you that your roof needs to be repaired, gutters are blocked and need to be cleared, trees need to be felled etc.

OUT AND ABOUT

- Avoid travelling alone, where possible. Go with family, friends or neighbours.
 - If travelling by car, keep all doors locked. Be alert when parking and getting in/out of your vehicle.
-

THEFT STOP

TheftStop is a farm theft prevention initiative that has been developed by IFA in partnership with An Garda Síochána. Protecting your farm and valuable machinery has never been more important. Theft of agricultural vehicles and machinery has seen increases of 40% in recent years. Theft Stop provides members with a unique Security ID. The member then marks their machinery and equipment with this ID.

A comprehensive database will be maintained of all stolen equipment for members to view online. Theft Stop will also communicate with members in the event of farm machinery theft.

CONTACT:

Sgt. Catherine O Gorman at Thomastown Garda Station

COMMUNITY SMOKE ALARMS SCHEME

The cost of purchasing the alarm is funded by the Department of Environment, Heritage and Local Government while all other costs are funded locally.

The importance of having a working smoke detector fitted cannot be over emphasised. Most deaths caused by house fires can be prevented if a working smoke alarm is installed. On average 46 people die in fires nationally each year.

Statistics show that 20% of households do not have a working smoke alarm installed. Smoke alarms can save lives.

Under the Scheme, Local Authorities, with the assistance of the voluntary sector, identify vulnerable households, including the elderly and people with disabilities, where no smoke alarms are fitted. The local authority arranges for the supply and where necessary the local community and voluntary group will arrange the installation of two ten-year self-contained smoke alarms. The scheme is facilitated by the Social Inclusion Unit with the assistance of the Fire Departments of Local Authorities.

Phone: fireadmin@killkennycoco.ie
or contact Fire Service Headquarters at (056) 7794400

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FIRE SAFETY IN THE HOME

Home Fire Safety, Prevent a fire occurring:

Open Fires

- Always keep a spark guard in front of an open fire.
- Use a secure fire guard when children are in the room.
- Avoid banking fires too high.
- If you have a chimney fire call the fire brigade.

Portable Heaters

- Keep portable heaters away from curtains and furniture.
- Keep portable heaters away from draughts
- Never move a gas or oil heater when it is in use.
- Never refill a hot oil heater.
- Never use a portable heater for drying clothes.
- Respect electricity

- Check flexes for signs of wear regularly and replace if necessary.
- Don't run flexes under carpets or rugs where they can be damaged.
- Replace blown fuses with one of the correct rating.
- Don't overload sockets - one socket, one plug is a safe rule.
- Get a qualified electrician to carry out repairs.
- Follow the manufacturers instructions for electric blankets.
- Use socket covers if there are children in the house.

Gas Appliances

- Always keep gas cylinders upright and switch off at the regulator when not in use.
- Have adequate ventilation in all rooms where gas heaters are used.
- Check flexible hoses regularly for signs of wear and have them replaced.
- Store gas cylinders in the open air.
- If you suspect a leak, do not switch on lighting or any electrical appliance, ventilate the area, switch off the gas at source, contact your gas supplier.

Cooking

- Never hang cloths directly over cookers or hobs.
- Turn pot handles inwards on the hob.
- Do not wear loose sleeves while cooking.
- Use a thermostatically controlled chip pan.
- Never overfill a chip pan.
- Never leave a chip pan unattended.

Smoking

- Use proper ashtrays on a firm base.
- Last thing at night check that a smouldering cigarette has not fallen into seating or onto carpets.
- Never, never, never smoke in bed.

Children

- Never leave children alone in the house
 - Use secure fire guards in front of open fires.
 - Never allow children to throw anything on an open fire.
 - Keep children clear of the cooker when you are using it.
 - Switch off and unplug appliances when not in use.
 - Use child proof socket covers.
 - Keep matches out of reach of children.
-

CALLING THE FIRE BRIGADE

Dial 112

When your call is answered you will speak to an operator who will ask you which service you require i.e. Garda, Ambulance, Fire Brigade or Coast Guard. Once you say you require the Fire Brigade the operator will transfer you to the Fire Brigade Communications Centre in Dublin.

You will be asked a series of questions by the Operator in order for the following information to be collected:

- What is on fire?
- What is the address of the premises ?
- What is your Eircode?

- What is your phone number?
- Are there any persons in the building?
- Is evacuation in progress?
- What type of building is on fire?
- Are there any hazards in or around the building?
- Other information as relevant.

It is not necessary for you to remember any of the above questions. It is, however, important that you:

- Stay calm
- Listen carefully to the operator
- Speak slowly and clearly
- Only finish the call when the operator tells you.

You may feel that the call is taking too long because of the questions that are being asked but be assured that as soon as the address is received by the operator the nearest available Fire Crews are dispatched immediately and the operator is just gathering further important information from you to pass on to the nearest available responding fire crews.

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ICE (IN CASE OF EMERGENCY)

Many mobile phones have a dedicated ICE contact information function, where the number of a next-of-kin can be added. This will enable first responders, such as fire officers and police officers, as well as hospital personnel, to contact the next of kin of the owner of a mobile phone to obtain important medical or support information (the phone must be unlocked and working).

SLIMMING WORLD

- Monday nights in Thomastown Community Centre.
- There are two sessions, 1st session is from 17:30, 2nd session 19:30. New members welcome.

CONTACT: Aoibhe McGahan **Phone:** (086) 2001249
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THOMASTOWN FOLK CHOIR

This group meet every Thursday 19:30 pm at the Church. The group sing every alternative Saturday in the church, and sing at weddings & events. New Members, singers & musicians welcome. See the choir on You Tube 'Thomastown Folk Choir'

CONTACT: Kate Hynes **Phone:** (087) 2507014
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COMMUNITY CHOIR

This choir sing at funerals, masses in St. Columbas, local community events. They meet at the Church on Wednesday morning 10:45am. New members are very welcome.

CONTACT: Brigid Doyle **Phone:** (056) 7724170
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PARISH CHOIR

This choir are the main Church Choir and sing at Mass every Sunday morning 11:00 a.m.

CONTACT: Brideen **Phone:** (087) 6338148
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THOMASTOWN SENIOR CITIZENS ASSOCIATION

Thomastown Senior Citizens Association was established on the 12th October, 1978 by a group of volunteers (some of whom are still serving today) who saw a need to provide social interaction and activities for the Senior Citizens of Thomastown Parish and surrounding areas.

To raise much needed funds they set up a second hand thrift shop where items of clothing, furniture bric a brac, books etc are donated and resold. All the proceeds going towards Day Trips, St. Patrick's Day Dinner, and Christmas Dinner. Based in Thomastown Community Centre.

Follow us on Facebook:

Thomastown Parish Senior Citizens Association

For Inquiries: Vincent Minogue

Phone: (087) 6724191 or (087) 3215969

THOMASTOWN COMMUNITY HELPERS

- Thomastown Community Helpers run a shop in Logan Street, Thomastown. This shop is run by volunteers. The proceeds of sale from the shop goes towards assisting individuals/families in need in Thomastown Area through provision of clothing, furniture, vouchers etc.
- The shop is open Monday – Saturday from 10:00am – 17:30 pm

CONTACT: Sue Dillon

Phone: (085) 2551739

THOMASTOWN MEN'S SHED

This group are located at the Community Centre, Marshes Street, Thomastown. The men's Shed is a place where men can come together to interact with other men of diverse backgrounds: share their life experience both practical and non-practical. The Shed is a place that provides a social space for men to gather and /or work on meaningful projects at their own pace in their own time in the company of other men thereby engendering a feeling of wellbeing.

CONTACT: Bob Wemyss

Phone: (087) 2512562

THOMASTOW ACTIVE RETIREMENT ASSOCIATION

We are a small group ageing from 55 – 90+ years and would welcome anyone to drop in and say hello and have a cup of tea. We meet on 1st Tuesday of every month at Thomastown Community Centre. We provide diverse range of activities to the local community to include Aqua Aerobics in Mount Juliet, Bowling in Kilkenny, Pitch & Putt in Gowran, Dinner & Theatre outings.

If you're interested in joining our group:

CONTACT: Stasia Heafey

Phone: (087) 9908575

CONTACT: Brede Murphy

Phone: (086) 8474138

IRISH COUNTRY WOMEN'S ASSOCIATION (ICA)

Friendship based group and activities include visiting places of local interest i.e. gardens, local small enterprises, day trips.

CONTACT: Bridget Reilly

Phone: (085) 7034266

KILKENNY RECREATION AND SPORTS PARTNERSHIP

KRSP Older Adult Pilates

Chair Based Exercises

Just because you aren't too steady on your feet, let alone happy to run or jump, doesn't mean that you can't exercise and it doesn't mean that you shouldn't exercise.

Chair Based Exercise offers so many benefits, here are a few

- you will have the opportunity to get stiff achy joints working a bit more freely – in the hands, feet, shoulders for instance get your whole body moving in time to the music
- get your spine moving a bit more freely
- have the chance to gently work on some strength work for your legs and arms
- challenge your brain to learn new patterns of movement, a bit of choreography
- work on improving the stamina and function of the pelvic floor

VENUE

Thomastown

Contact

KRSP

To Register

(056) 7794991

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THOMASTOWN ANGLERS ASSOCIATION

This association provide local membership to fish 7km of river in Thomastown. Day & Week Tickets are available. Trout & Salmon Fishing.

CONTACT: Tess Moylan

Phone: (087) 9407422

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THOMASTOWN COMMUNITY RIVER TRUST

Thomastown Community River Trust are a group of individuals who have come together to preserve the river and weir for the enjoyment of the people of Thomastown. The Community Public Swimming Pool is open during summer months and is supervised by lifeguards.

CONTACT: Shem Caulfield **Phone:** 086-3202089

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TIDY TOWNS COMMITTEE

Tidy Towns Committee make a huge contribution to this Heritage Town into one of which its residents are proud and which offers an attractive, informative & entertaining place to live, work & visit. The Tidy Towns Committee organise weekly litter picking and gardening activities throughout Thomastown. The Upper Paddock Project is a Bio-Diversity & Sensory Park developed by Tidy Towns which will be open to the public May 2019. This will be accessible daytime hours only.

Tidy Towns launched 'Adopt a Patch' which allows persons to take a piece of ground and tend to it.

CONTACT: Lisa Karkut **Phone:** 083-0430433

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BRIDGE CLUB

Held every Tuesday at 19:30 pm from September to May at Salmon Pool

CONTACT: Kay Lennon **Phone:** 087-6208660

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AEROBICS

Fitness class in Thomastown Community Centre Tuesday 8 – 9 pm. This class is held from September to May.

CONTACT: Clare Challoner **Phone:** 086-3069811

PILATES

Class held Thursday in Thomastown Community Centre from 8pm – 9 pm.

CONTACT: Nawojka Tylicka **Phone:** 086-8705250

ZUMBA FITNESS

Fitness Classes every Tuesday morning 10:30-11:30, Thursday 18:50 – 19:50, Saturday 17:00pm -18:00pm

CONTACT: Gabrielle **Phone:** 056-7724061

THOMASTOWN RED CROSS

This group meet at Thomastown Community Centre every second Wednesday at 20:00pm

CONTACT: Breda Gardner **Phone:** 087-2025753

DANCE FOR SENIORS

This class guides participants through a series of simple, modern and creative dance movements.

CONTACT: Susie Lamb **Phone:** 086-3765236

THOMASTOWN COMMUNITY CENTRE

MARSHES STREET, THOMASTOWN, CO. KILKENNY.

Tel: **087 7728170**

The Concert Hall/Community Centre dates 1910 and is included in the National Inventory of Architectural Heritage (NIAH) for County Kilkenny, ref no. 12317063. The building was also added to the record of protected structures for Co. Kilkenny by the Planning Authority in 2010. Since February 2013 half a million euro has been spent refurbishing and restoring the Concert Hall to its former glory which has added so much to the social fabric of the town.

The Hall remains in community ownership and accommodates a variety of activities, musicals, plays, exhibitions, public meetings, computer classes, men's shed, social gatherings and a variety of health and wellbeing classes.

Our mission is to provide a centre that is warm, welcoming and safe and also to promote the involvement of all the people irrespective of class or religion in the promotion of social, cultural, educational and economic welfare of the whole community.

Thomastown Community Centre, For You, For Everyone.

Restoring the Past, Building for the Future.



Seamus Quigley

Chairman/Manager

087-7738170



Kilkenny



Public Participation Network (PPN)

Why would my organisation/group join the PPN?

- Get to hear what's going on in the Local Government
- Get to have your say - directly as a representative or indirectly through the representatives
- Receive a weekly newsletter packed with information, news & grants
- Information on funding opportunities
- Creates solidarity in the community
- Structured information sharing/gathering
- Networking opportunities
- Advertising events
- Discounted BHP Membership Insurance Scheme
- Apply for small PPN 'Community capacity building' funding opportunities
- Free Training for Members
- Attend plenary meetings
- Make submissions on draft plans as a group

How to register your organisation



CONTACT

Web Address: www.kilkennyppn.ie *for online registration*

Facebook: KilkennyPPN

E Mail: ppnkilkenny@kilkennycoco.ie

Phone: (056) 7794710

Mobile: (087) 1731634

LIBRARY THOMASTOWN

Located at Marsh's Street, Thomastown, Co Kilkenny

Phone: (056) 7794331 Website: www.kilkennylibrary.ie

Opening hours:	<i>Tues</i>	10:00 – 13:00
		14:00 – 17:00
	<i>Wed</i>	10:00 – 13:00
		14:00 – 17:00
		17:30 – 20:00 <i>late opening</i>
	<i>Fri</i>	10:00 – 13:00
		14:00 – 17:00
	<i>Sat</i>	10:00 – 13:30

- Library Membership is free
 - The library schedule a number of courses throughout the year i.e. Computers for Beginners, Creative Writing, Conversational Irish, Flower Arranging & Felting.
 - There is a book club on the 1st Wednesday of the month. New members welcome.
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TRAIN STATION

CONTACT:

Train Station, Station Road, Thomastown, Co Kilkenny

Phone: (056) 7724218

Route Serviced: Dublin to Waterford

Bus Eireann 1850 836 611 08:30 – 18:00pm daily

TAX RELIEF FOR DRIVERS & PASSENGERS WITH DISABILITIES

Under this scheme, qualified applicants can claim repayment of VRT and VAT (on purchase price and adaption price) on vehicles. Qualified applicants may also be exempt from annual motor tax and road toll fees, and receive a fuel grant. To qualify, the person with a disability must hold a Primary Medical Certificate.

Contact Revenue to apply for this scheme on 1890 306 709

EU PARKING PERMIT (DISABLED PERSONS PARKING PERMIT)

The EU parking permit is issued on behalf of Department of Transport by the Disabled Drivers Association. It is available to people living in Ireland with certain disabilities.

Date of issue and there is an administration charge of €35
Email parkingcard@ddai.ie

To find out more information please contact

Disabled Drivers Association

Phone: (094) 9364054

AGE FRIENDLY CAR PARKING SPACES - THOMASTOWN

As an action identified in the Thomastown Age Friendly Town Plan, Kilkenny County Council provided 2 No. Age Friendly car parking spaces following consultation with the Thomastown Age Friendly Committee, as follows:

- **Logan Street, Thomastown**
1 space near the Sessions House
- **Market Street, Thomastown**
1 space beside the signaled pedestrian crossing

These age friendly parking spaces are located in busy parking areas and it is hoped that motorists will leave the spaces vacant for older people.

Sample below from Kilkenny City with Signage and Markings:

Typical Age Friendly Parking Space, Signage & Markings





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The following 61 Business' in Kilkenny City & County joined the Age Friendly Business Recognition Programme. They include 3 Thomastown Business; as shown below.

AGE FRIENDLY BUSINESS RECOGNITION

- | | |
|-------------------------------------|-------------------------------------|
| Art It | Dore's Opticians |
| Bank of Ireland | Eddie Rockets |
| Boots,
MacDonagh Junction | Fennellys of Callan |
| Breaghagh Valley Artisan
Meats | Fields Jewellers |
| Butler Gallery | Flair Beauty |
| Butler House | Goods |
| Butterslip | Grange Manor B&B |
| Carraig Donn, High Street | Grahams Shoes |
| Carraig Donn,
MacDonagh Junction | Guineys |
| Cartoon Saloon | Insomnia |
| Castlecomer
Discovery Park | J & M Healy Pharmacy,
Thomastown |
| Courtyard Bar & Grill | Jen's of Kells |
| Cullinane O'Neill Duncan | KBC Bank |
| De Loughry O'Gorman | KBowl Kilkenny |
| | Kilkenny Garda Station |



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- | | |
|--|---|
| Kilkenny Salt Therapy | River Court Hotel |
| Lorimat Jewellers | Rothe House & Garden |
| Lowry's Furniture | Rudolf Heltzel |
| MacDonagh Junction Shopping Centre | Skechers |
| Market Cross Shopping Centre | Springhill Court Hotel |
| Newpark Hotel | St. Canice's Credit Union |
| Next | Starbucks |
| Nicholas Mosse, Bennettsbridge | The Book Centre |
| O'Keefe's Daybreak, Thomastown  | The Courtyard Bar & Grill |
| Only | The Fig Tree |
| Orchard House | The Good Earth |
| Ormonde Hotel | The Little Green Grocer |
| Pauls | The Watergarden, Thomastown  |
| Pembroke Hotel | The Watershed |
| Regatta | Vodafone Kiosk, MacDonagh Junction |
| | Zen Café, St. Luke's Hospital |
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